

# Mountaineer

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Jan. 13, 2005

## 3rd STB uncases its colors

by Sgt. Jon Wiley  
Mountaineer staff

The unit nicknamed "Vanguard of the 4th" became a vanguard of the Army's transformation into a more lethal, mobile fighting force during an activation and reactivation ceremony at the Special Events Center Friday.

The 4th Engineer Battalion was deactivated, and many of its elements were reconstituted as the 3rd Special Troops Battalion. The unit, which supports the 3rd Brigade Combat Team, was restructured as part of the 3rd BCT's reorganization into a unit of action.

"It is a bittersweet day for us because we cased battalion colors which hold a lineage dating back to 1861," said Lt. Col. Laura Loftus, commander of the 3rd STB, during a speech delivered during the ceremony. "In an incredible history, they (the colors of the 4th Engineer Battalion) were

carried in the Civil War, World War I and II, the Vietnam War and most recently in Iraq."

She added that one does not get a chance to reflect on the life span of a unit often and went on to praise the Soldiers of the 4th Engineer Battalion who served in past wars and personally thank those who were present who served in support of Operation Iraqi Freedom.

The 4th Engineer Battalion's organization was composed of Headquarters and Headquarters Troop, 3rd Brigade Combat Team; Headquarters and Headquarters Company, 4th Engineer Battalion; Company C, 104th Military Intelligence Battalion; 534th Signal Company; and Company A, 4th Engineer Battalion. In the newly formed 3rd STB HHT, 3rd BCT remained the same; HHC, 4th Engineer Battalion



Photo by Sgt. Jon Wiley

Lt. Col. Laura Loftus, commander of the 3rd Special Troops Battalion, and Command Sgt. Maj. Gerald Kinloch, command sergeant major, 3rd STB, uncasing the colors of the newly formed 3rd STB at an activation ceremony at the Special Events Center Friday. The battalion is composed of elements of the 4th Engineer Battalion, which was deactivated at the ceremony.

See 3rd STB, Page 4

## Fort Carson bids farewell to 2nd BCT



Photo by Pfc. Clint Stein

Soldiers of the 2nd Brigade Combat Team Forward Detachment, 1st Replacement Company stand in formation headed by their commander, Capt. Chris Hristofidis, during the company's farewell ceremony Monday at Garcia Physical Fitness Center.

by Pfc. Clint Stein  
Mountaineer staff

A farewell ceremony was held at Garcia Physical Fitness Center Monday for the 2nd Brigade Combat Team Forward Detachment, 1st Replacement Company, as its Soldiers prepare for deployment to Iraq.

The 67 Soldiers have been at Fort Carson for the past two months after the 2nd BCT was temporarily re-stationed here but are scheduled to depart the Mountain Post Jan. 19 and join the rest of the 2nd BCT Soldiers in Ar Ramad Fallujah and Al Habbaniyah.

"These Soldiers are well-trained and prepared, and ready to go forward to join their brothers and sisters," said Brig. Gen. Joseph Orr, 7th Infantry

Division and Fort Carson deputy commanding general. "These Soldiers have trained nonstop for the past two months and I have no doubt they are capable of answering this nation's call."

After Orr expressed his gratitude for the Soldiers in formation, he directed his attention to the spouses and family members for the sacrifices they make to this country as well.

"We, as a nation, are very grateful of the sacrifices you have made," Orr said to the families. He assured the families that their Soldiers are in the most capable army in the world and that without their support it would not be the same.

See 2nd BCT, Page 4

### INSIDE THE MOUNTAINEER

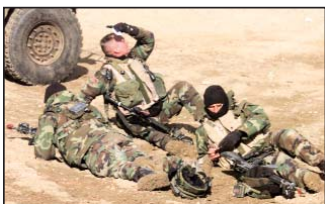
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### Feature



The 3rd ACR mission readiness exercise in full effect.

See Pages 16 and 17.

### Happenings



The corkscrew slide is one of the attractions at Focus on the Family Welcome Center.

See Pages 25 and 26.

### Closed

The Mountaineer office will be closed Monday in observance of Martin Luther King Jr., holiday.

Post Weather hotline:  
526-0096

# Passing on King's legacy

by Sgt. Jon Wiley  
Mountaineer staff

Every Martin Luther King Jr. Day, I'm reminded of the first time I became aware of this holiday. I was an elementary school student, and my class went to an assembly to listen to a speaker talk about the legacy of King.

The speaker said many things that day, but only one part of what he said has stuck with me all these years. The man said King is remembered around the world as a champion of peace and justice. He said that even in China, King's name is known and revered, and as Americans — be we black, white, brown, red, yellow or any other color — we should be proud of King and his accomplishments. He explained that King belongs to all of us.

As a white child, this really impressed me. From that day forward, I considered King one my forefathers, a figure I could proudly proclaim as one of my own along with Thomas Jefferson, Abraham Lincoln and other great Americans.

As I've grown older and have come to know more about who King was and the message he carried, I like to think that he would be just as proud to recognize me as his own as I am to recognize him. King was a mighty warrior in the fight for black Americans to gain equal opportunities and status in American society,

but he came to set all of us free. He concluded his famous "I Have a Dream Speech" with the vision that someday "all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

These words are extremely insightful because they imply that no one of any color can claim freedom in a society where one group of people is excluded from leadership and subjugated due to their race, class, ethnicity or religion. When King spoke these words in 1963, black Americans were the most visibly oppressed citizens, but every American was oppressed because we were all deprived of the natural talents of gifted black Americans.

Had King not fought the good fight as ferociously as he did, our nation may have been deprived of the wisdom and guidance of Secretary of State Colin Powell or of the knowledge and experience of Condoleezza Rice. Imagine a nation where the most individuals like Powell and Rice can hope to be are janitors, housekeepers, cooks and other menial laborers. This was America until its very recent past. While these are certainly honorable jobs, who can argue with the fact that people with the gifts of Powell and Rice are in too short of supply to

waste them?

There are still those who resent seeing black Americans in prominent or powerful positions, but they benefit from the fruits of their labor all the same.

Until we live in a society where every job is being done by the person who can do it most capably regardless of all other considerations, none of us is free. In an ideal nation, every citizen would be free to reach his or her fullest potential. King brought America closer to this ideal, and for that we should all remember him Monday and every other day we reflect on how blessed we are to be Americans.

Some say America has yet to fully keep its most sacred promise to all of its citizens — the promise that guarantees each of them the right to life, liberty and the pursuit of happiness — but I think that even those who say this can be assured that someday it will. Nothing, absolutely nothing, makes me prouder to be an American than looking at my 3-year-old daughter and imagining all the things she may one day be and of all of the opportunities she can claim as her birthright as an American. One day, when she is older, I will tell her that if she's as proud of these things as I am, she should say a special prayer for King and honor his memory by extending his work in every way possible.

## Remembering Martin Luther King Jr.

by Sgt. 1st Class Emily Kent  
7th Infantry Division Equal Opportunity Advisor

Each year on the third Monday of January schools, federal offices, post offices and banks across America close to celebrate the birth, life and dream of Martin Luther King Jr.

It is a time for the nation to remember King. It is a time to remember his fight for the freedom, equality and dignity of all races of people. It is also a time to remember the message of change he spoke of and demonstrated through his many acts of nonviolence.

However, this federal holiday did not come swiftly. The arguments opposing the approval of the holiday consisted of the cost to taxpayers, and singling him out over others. Arguments concerning money dominated opposition of this holiday. Costs associated with lost services on the King holiday was estimated at \$18 million for the federal government. Others asked "why put King above other famous people?" They didn't think his legacy would stand the test of time.

Internationally, King is one of the few social leaders of any country to be honored with a holiday. Such status by a member of a country's racial minority is almost unheard of. Generally, the honor is reserved for political, military or religious figures. Given such obstacles, the holiday is a powerful tribute to King's philosophy and stature. As is usually the case with great figures, particu-

larly controversial ones who are fighting for a philosophy condemned by many, King was well ahead of his time.

When President Ronald Reagan signed legislation creating the holiday in November 1983, it marked the end of a persistent, highly organized lobbying effort spanning the nation for 15 years. It became the first new holiday since 1948, when Memorial Day was created as a "prayer for peace" day. It also made King the only American besides George Washington (and Abraham Lincoln before Presidents Day to have a national holiday designated for his birthday.

This year, Fort Carson will celebrate the Martin Luther King Jr. Holiday observance at the Elkhorn Conference Center Jan. 24. Command Sgt. Maj. John Caldwell, 3rd Armored Cavalry Regiment command sergeant major, is the guest speaker. The observance will start with a "freedom" march from Ironhorse Park to the ECC at 11:15 a.m. (weather permitting). The marchers will gather on the west side of Ironhorse Park, the side closest to the ECC. The march will be followed by music performed by Harmony in Motion, and a presentation by Dwayne Carrington and the Rising Star Productions at ECC. Afterward, a free food sampling will take place. Everyone from Fort Carson and the surrounding area is invited. Come celebrate the life and legacy of Martin Luther King Jr.

"Remember! Celebrate! Act! A day on, not a day off!"



Who do you think is the most notable black American in history?



"Martin Luther King Jr. He went to every extreme getting equal rights."

Karen Rodriguez  
Military spouse



"Thurgood Marshall. He opened doors for not only African Americans, but all minorities."

Capt. Christina Daniels  
328th Combat Support Hospital



"Rosa Parks for the impact she made fighting for her rights."

Catherine Glackin  
Military spouse



"Colin Powell. He's gone above and beyond proving his success."

Sgt. Ricardo Artis  
540th Main Support Battalion

### Martin Luther King Jr., observance

Celebrate Martin Luther King Jr. Day holiday Jan. 24 at the Elkhorn Conference Center. The observance will start with a "freedom" march at Ironhorse Park. Interested participants should meet on the west side of Ironhorse Park at 11:15 a.m. (weather permitting).

The observance will also feature Harmony in Motion and Dwayne Carrington and the Rising Star Productions.

### MOUNTAINEER

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Lt. Col. David Johnson  
Public Affairs NCOIC:  
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# News

## Officials still considering court-martial

by Sgt. Jon Wiley  
Mountaineer staff

Fort Carson officials are still considering testimonies given Dec. 20 at an Article 32 hearing for Capt. Shawn Martin, 2nd Brigade, 91st Division, to determine if there is adequate evidence to court-martial Martin or what appropriate action, if any, should be taken.

Martin may be court-martialed for actions he allegedly took while serving as the commander of L Troop, 3rd Squadron, 3rd Armored Cavalry Regiment, between the months of May and July 2003 at or near Ar Rutbah, Iraq.

Army officials charged Martin in October 2003 with five counts of aggravated assault, three counts of assault consummated by a battery, one count of obstruction of justice and one count of conduct unbecoming an officer. If convicted on all counts, Martin could spend a maximum of 66 years behind bars.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, will make the final decision whether or not Martin will face a court-martial for these charges.

As the commander of L Troop, 3rd Squadron, 3rd ACR, Martin's main responsibility was to maintain law and order in the town of Ar Rutbah after his troop of 150 Soldiers took control of the western Iraq town of 25,000 in May 2003.

At the Article 32 hearing, Soldiers under Martin's command during this period testified that he was too zealous in carrying out his duties and mistreated the Iraqi citizens he was supposed to protect.

Sgt. David Selby, who was Martin's driver at the time of the alleged incidents, said he saw Martin hitting Iraqi citizens on several occasions.

During one incident, Selby said he witnessed Martin, two Soldiers and at least three Iraqi officials go into a small room at a civilian police station where an Iraqi was being detained. After 10 minutes, Selby said he was called to give medical aid and water to the prisoner who appeared "punched on."

"I'm not a medical expert, but he needed stitches," Selby said.

After the incident, Selby said Martin complained that his knuckles were swollen. After that, Martin always put on gloves after detaining an Iraqi to keep from injuring his hands, Selby said.

On another occasion, Selby said he witnessed Martin repeatedly jab a restrained Iraqi in the rib cage with an aluminum baseball bat. Once the Iraqi was unrestrained, Selby said "Capt. Martin went back and hit him again with some force. The individual was balled up in a fetal position and was screaming after being struck."

Selby also testified that he witnessed Martin point a 9-mm pistol at detained Iraqis and other Iraqi civil-

ians who did not pose an immediate threat and tell them he was going to kill them. On one occasion, Selby said Martin even pointed his pistol at Staff Sgt. Robert Cureton after Cureton refused to follow his order to fire a shot over the head of an Iraqi welder whom they suspected of making a bomb.

"I'd like to think it was a gesture of pointing, not aiming," said Cureton, who added that he carried out the order which he thought to be unlawful after Martin brandished his pistol because Martin appeared unstable, and he was afraid of what would happen if he refused to do so.

"Anytime anyone points a weapon at me I get a little uneasy," Cureton said.

1st Lt. David Minor, who served under Martin and worked as his translator in Iraq, said he also witnessed Martin pointing his pistol at Iraqis in an inappropriate manner on many occasions.

"On one single day, there were three occasions where he pulled out his pistol and brandished it for no particular reason," Minor said.

Instead of winning the hearts and minds of the Iraqi civilians and paving the way for good Iraqi-U.S. relations in the future, Minor said Martin's behavior angered the chief of police of Ar Rutbah and soured their initially good working relationship. Minor testified that he saw Martin point his pistol at the police

## 2nd BCT

From Page 1

Donita Jordan, a military spouse, said she felt overwhelmed by emotions as she listened to the comments being made about her husband's company.

"I've seen other deployment ceremonies on TV and it's hard to watch, but I've tried to stay strong up to this day," she said.

Although Jordan thought her husband's farewell ceremony would be even harder to watch than others, she was pleasantly surprised. "I felt proud of my husband and proud of my country

today," said Jordan. "This is a great thing what he's doing for Iraq and for our family."

In response to his wife's comments, Staff Sgt. Leif Jordan said,

***"I felt proud of my husband and proud of my country today. This is a great thing what he's doing for Iraq and for our family."***

Donita Jordan  
military spouse

"Behind every strong Soldier is a strong family."

The company's executive officer, 1st Lt. Jason Clark, said his family would be going back to their home state of Missouri so his wife

and 14-month-old twins could be around family while he's gone.

Clark just got back from Iraq in

March and missed out on a lot of his daughters' lives the first time he was deployed, but hopes this deployment will be a little different in that he can communicate with his family more.

"I'm grateful he was here for the holidays this year," said Rachel Clark, "and I'm really grateful for the Internet connections over there now too."

With the help of communication technology, Clark said he would get to see his daughters grow up over the next year via web cams.

Although a lot of things in Iraq has changed on the Iraqi battlefield, Clark doesn't foresee a big difference from the first time he was there except knowing what to expect.

"I don't think it will take as long to get adjusted to the environment of what's going on," he said.

Most of the Soldiers of the 2nd Division, 2nd BCT were deployed from Korea to Iraq and should be coming to Fort Carson after the deployment.

## 3rd STB

From Page 1

became HHC, 3rd STB; Company C 104th Military Intelligence Battalion became A Company, 3rd STB; and the 534th Signal Company became B Company, 3rd STB. A Company, 4th Engineer Battalion was deactivated; B company, 4th Engineer Battalion became E Company, 1st Battalion, 8th Infantry Battalion; and C Company, 4th Engineer Battalion became E Company, 1st Battalion, 68th Armor. As a part of the change, the 3rd STB also now has a platoon of military police, 3rd platoon, 4th Military Police Company.

Loftus explained that in an effort to remember the distinguished past of the 4th Engineer Battalion while looking forward to the future of the 3rd STB, the new unit's insignia includes the turrets of a castle representing the unit's history as an engineer battalion and has a phoenix in its center rising from flames. The phoenix is a mythological bird said to die every 500 years, and from its ashes a new phoenix arises.



# Military

*Tax time ...*

## Post tax center opens Wednesday

**by Capt. Paul F. Muething III  
Fort Carson Tax Center**

The Fort Carson Tax Center will open Wednesday at 8 a.m. to assist customers in preparing their 2004 taxes.

The 2005 Fort Carson Tax Center will again provide free federal and state tax preparation and electronic filing services to active duty military and their family members, mobilized reservists and retirees. In addition to providing these services on a walk-in basis, it will offer a limited appointment schedule.

The tax center will be staffed by trained tax preparers who will provide assistance in preparing even the most complex individual income tax returns, including those involving the sale or rental of a home, depreciation of rental property, capital gains/losses, and tax deferred savings plans. Last year the Fort Carson Tax Center assisted more than 5,700 tax filers, saving them more than \$1.3 million in tax preparation and filing fees, and generating more than \$9.6 million in refunds.

The Fort Carson Tax Center will open Wednesday, and operate from 8 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 5 p.m. on

Fridays. The tax center will also be open on the following four Saturdays from 10 a.m. to 3 p.m.: Jan. 22 and 29; March 19; and April 2. The tax center will be closed on federal and training holidays. The tax center is located in building 6284, 7086 Albanese Loop, located off Woodfill Road, across the street from the Colorado Inn.

Please bring all necessary tax records and documents (e.g. W-2 forms, children's Social Security cards, Forms 1099, Individual Retirement Account disbursements or contributions, rental property records, etc.) when you come for assistance. W-2s will be available through MyPay at any time. Incomplete records will create additional time and effort in preparing your return as well as delay your receipt of a refund you may be due. Also, if you will be filing a tax return for a deployed spouse, you must have a copy of the special power-of-attorney form for filing taxes. These are available at the Office of the Staff Judge Advocate, Legal Assistance Division, located in building 6285, next to the tax center, Monday through Thursday from 9 a.m. to 5 p.m.

The staff at the Fort Carson Tax Center is ready to help you prepare and file your tax returns. Take

advantage of this free tax assistance service and encourage Soldiers and friends to do the same. For more information, contact the tax center at 526-5572 or 526-1830.

### **Fort Carson Tax Center hours and information**

Hours are:

Mondays through Thursdays: 8 a.m. to 6 p.m.

Fridays: 8 a.m. to 5 p.m.

Saturdays (Jan. 22 and 29; March 19; and April 2 only): 10 a.m. to 3 p.m.

Bring all necessary tax records and documents, including but not limited to:

- W-2 forms
- Children's Social Security cards
- Forms 1099
- IRA disbursements or contributions
- Special power of attorney form if filing taxes for deployed spouses

# Military Briefs

## Misc.

**Wounded veterans** — Combat-wounded veterans are invited to join the Military Order of the Purple Heart Chapter 423, which provides veterans' assistance, scholarships, community service and much more. For more information, call Latoya Lucas at 391-7794.

**OCS board** — Headquarters, Department of the Army will hold an OCS board April 18. There will be a local OCS board held at the Elkhorn Conference Center Feb. 15 and 16 from 7 a.m. to 5 p.m. This board is required for all applicants. All participants must report in the Class A uniform Feb. 15 and 16. All packets must be turned in to the 502nd PSB, Field Operations, building 1118, room 208, no later than Feb. 8. For more information, call 526-6481.

**U.S. Army seeking warrant officer candidates** — The U.S. Army is looking for highly motivated Soldiers, Marines, sailors and airman to fill its warrant officer ranks. Positions are open in all 45 specialties if you qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and all forms or documents required, visit [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0328/ 0466/ 0271/ 1860/ 0458/ 0484. The toll free number is (800) 223-3735, ext. 6 and the last four digits of the phone number.

## CIF Hours

### Central Issue Facility hours of

## operation:

### Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

### Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

### Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

### Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

### Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

### Effective immediately:

Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

**Active-duty units** — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

**Bulk issue and turn-ins** — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

## Laundry Service

**Post Laundry Service** — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the

scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

## Briefings

### Special Forces briefings

Special Forces briefings will be conducted weekly in building 7450, room 100 at the 10th Special Forces Group compound. The briefing times are Wednesdays at 10 a.m. and noon.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

**eArmyU** — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

**The Army Career and Alumni Center briefing** is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to

schedule a briefing.

**Are you at end of time in service?** If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

**The Commanding General's Newcomers' Brief** is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

**Counselor Support Center** — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

**Army Learning Center and Basic Skill Classes** — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

**Defense Activity for Non-Traditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30 a.m. to 4:30 p.m.

**eArmyU Testing** — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

**eArmyU Office** — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

**Military Occupational Specialty Library** — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m., closed Fridays.

To make a personnel claim, one must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, one must submit a DD 1840/1840R.

Submit completed claims Tuesdays and Thursdays from 9 to 11:30 a.m. and 1 to 4 p.m. Closed on Fridays.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

# Dining Schedule

## Wolf Inn (building 1444)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6 p.m.

## Striker Inn (building 2061)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6 p.m.

## Patton Inn (building 2161)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	5 to 7 p.m.	4:30 to 6 p.m.

## Jan. 14 to 21



## Cav Inn (building 2461)

	Weekdays	Weekends
Breakfast	Closed	Closed
Lunch	Closed	Closed
Dinner	Closed	Closed

## La Rochelle Inn (building 7481)

	Weekdays	Weekends
Breakfast	Closed	Closed
Lunch	Closed	Closed
Dinner	Closed	Closed

## Long Knife Inn (building 9612)

	Weekdays	Weekends
Breakfast	7 to 8:30 a.m.	Closed
Lunch	11:30 a.m. to 1 p.m.	
Dinner	Closed	



Photo by Pfc. Clint Stein

### *For his service ...*

Colorado Springs mayor, Lionel Rivera, left, presents Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, along with his wife Lynn, a proclamation of appreciation during a city council meeting Tuesday at the Colorado Springs City Hall. Wilson was given the proclamation by Colorado Springs City Council for his service to the local community as well as Fort Carson.

## Troops to get more deployable platform for firing rockets

by Donna Miles

### American Forces Press Service

**WASHINGTON** — A new weapons carrier, that has already proven itself under fire in Iraq, will give ground troops a more mobile platform for firing rockets and missiles when it's fielded to operational units beginning this spring.

The addition to the Army's and Marine Corps' inventories reflects a growing trend in the military's transformation: lighter, more easily deployable equipment better geared to the joint expeditionary forces that use it.

The new High Mobility Artillery Rocket System, known by the acronym HIMARS, can roll onto an Air Force C-130 transport aircraft. Army Lt. Col. Darryl Colvin, product manager for field artillery launchers at Redstone Arsenal, Ala., said this capability will give joint expeditionary forces "a very lethal, very deployable system" that's also highly maneuverable on the battlefield.

The heavier, tracked system the HIMARS will replace, the 1981-vintage M-270 launch vehicle, was generally transported by ship and "took time to get to the fight," Colvin said. The only transport aircraft able to carry that launcher were Air Force C-141s and C-5s, neither of which shares the C-130's ability to land on short, unimproved runways.

The new system will give troops more capability to operate on a "very dynamic, fast-flowing battlefield," he said.

# 43rd prepares for surge at wash rack

by Spc. Aimee Felix  
14th Public Affairs Detachment  
CAMP ARIFJAN, Kuwait — A ribbon-cutting ceremony Jan. 6 officially marked the opening of a new wash rack 10 miles north of Camp Arifjan, Kuwait.

The wash rack opened to temporarily increase capabilities during the troop surge, said Lt. Col. Cliff Hoppman, support operations officer for 43rd Area Support Group.

The 43rd ASG, stationed at Fort Carson and deployed to Camp Arifjan, initiated the contracting negotiations for this wash rack Oct. 11, 2004, said Maj. Michele N. Thompson-Shoats, logistics officer for 43rd ASG. They did so because a 100-point wash rack that was supposed to open at the Kuwaiti Naval Base in time for the surge would not open on time, said Capt. Randle Coble, Coalition Forces Land Component



Photo by Spc. Aimee Felix

**A 43rd Area Support Group Soldier washes vehicles at the new wash rack north of Camp Arifjan, Kuwait.**

Command wash rack operations officer. The wash rack facility will include a dining facility and sleeping quarters

for troops needing to stay overnight. A 43rd ASG subordinate unit will manage the wash points, and Staff Sgt. Maurice

Owen, a Soldier with the 43rd ASG, will be the dining facility noncommissioned officer in charge.

## GMH Military Housing making home improvements

by Dianne Borges/  
GMH Military Housing

Over the last few months, GMH Military Housing employees have been busy listening to residents suggestions, making improvements and hosting events to make Fort Carson Family Housing a great place to live.

From small to large, GMH continues to make changes. Recently, 148 old and beaten-up sheds in the 5500 area were replaced. GMH converted one existing home to a Uniform Federal Accessibility Standard (Americans with Disabilities Act) home, complete with elevator, and close to finishing two more. And by the end of January, all 841 new homes will have storm doors installed on their back doors.

The first Community Center, located in Comanche Village at 4800 McNeerney Street, just inside Gate 2, has been completed. This ADA-compliant Class A building can hold up to 50 people and is equipped with a catering kitchen. It can be used for meetings, gatherings and parties. Residents can reserve the center by contacting Christie Fultz at 579-1042. There is no charge to rent the center.

The holidays were a time for family, friends and celebrations. GMH gave away off 15 turkeys for Thanksgiving. The winners were: Amanda Slack, Jonathan Settle, Larry Washington Jr., Gregory James, Rexine Schaltenbrand, Josh Jordan, Kerwin Griffin, William Crews, Thomasine Williams, Ron Babcock, Angie Evans, Ritchie Jones, Tara Lisica,

Russell Bryan and Timothy Puett. GMH also held holiday decorating contests in each of the 13 villages. First place residents won \$50 and second place residents won \$25. The winning addresses were: 7820B and 7901D in Navajo, 4350A and 4302A in Pawnee, 4655A and 4502C in Sioux, 5816A and 5930B in Choctaw, 6 and 33 in Ute, 4880C and 4851B in Comanche, 4460A and 4451A in Shoshoni, 7269B and 7262B in Cheyenne, 4905B and 4727A in Apache, 5547B and 5611D in Cherokee, 6351 and 6395 in Blackfoot, 6448D and 4811B in Kiowa, and 5714A and 5714C in Arapahoe.

Anyone with questions or interested in living in family housing is welcome to contact the GMH Community Management Office at 226-2268.

## Court-martial

From Page 3

fied that he saw Martin point his pistol at the police chief, while screaming curse words at him and berating him in front of his subordinates.

Others witnesses testified that Martin abused Iraqi firefighters as well.

1st Lt. Joseph Heyman said he saw Martin strike a firefighter who arrived on the scene where an

improved explosive device had detonated. The firefighter, who was accompanied by another firefighter, arrived on the scene in a clearly marked fire truck, apparently to provide assistance. Heyman said the two firefighters were dragged out of the fire truck and detained on the ground.

Pvt. Allen Hensath, who was also at the scene, said he witnessed Martin kick one of them while he was on the ground and put a pistol to the back of his head, telling the

firefighter he was going to kill him if he did not state what he knew about the incident.

Eventually, Minor said after several Soldiers reported alleged incidents of abuse he collected their statements. Minor then reported the alleged abuse to officers over Martin, and as a result, he was relieved of his command July 2003.

Defense attorney Neal Puckett of Alexandria, Va., said that Minor did not have the proper authority under

the Uniform Code of Military Justice to collect sworn statements and that the actions Martin took were appropriate and necessary for retaining control of the town and keeping his troops safe.

"What might be considered too much force on the streets of Colorado Springs is well within the norm on the battlefield," Puckett said.

Puckett also said that Martin's relief of command and prior reprimands were sufficient punishment.



# Housing, meal allowances increase

by Eric W Cramer  
Army News Service

**WASHINGTON** — Soldiers will see an increase in their basic allowance for housing, designed to reduce or eliminate their out-of-pocket housing costs, with their first January paychecks.

The meal allowance for Soldiers is also set to increase.

Col. Gerald Barrett, chief of the Compensation and Entitlement Division in the Department of the Army's G-1, said the increases have already been "loaded" in the Defense Finance and Accounting System.

"The goal was to achieve average zero out-of-pocket by '05," Barrett said, "and we've been able to do that."

Lt. Col. Rick Tillotson, a compensation analyst in Barrett's division, said the allowance is based on local median housing costs.

"Say we've surveyed the area and found that, for a warrant officer 3, who is entitled to a three-bedroom house, the housing costs near a given installation average \$1,000 a month. If he rents a house for \$950, he will still get \$1,000. If the house he chooses to rent costs \$1,200, he'll have to pay \$200 out of his own pocket," Tillotson said.

Tillotson said the rates don't decrease as the former Variable Housing Allowance once did.

"It used to be, a Soldier living off post would be authorized, say, \$1,000 a

month, and then find a place for \$950," Tillotson said. "Then, when the next survey came around they'd turn that data in and the VHA would reduce to that lower amount. It gradually decreased the housing allowance. It was a 'death spiral' that led Soldiers toward substandard housing."

Barrett said the median housing estimates are done by installations in conjunction with Runzheimer International, an international management consulting firm that works with installations to establish median values each year. Rates are then calculated for each pay grade.

Data is collected annually for about 400 Military Housing Areas in the United States and individual commands that participate in the process; can exclude an area from the cost survey if it is a bad neighborhood, said Deborah Holman, This ensures the median isn't based on substandard housing.

Components

included in the computation are: median rent in the market; average utilities including electricity, heat, water and sewer; and average renter's insurance.

On average, the housing allowance will increase by 8 percent in 2005, to cover a 4.5 percent increase in housing costs nationwide.

An important part of the untaxed benefit is that it provides individual rate protection to all servicemembers, officials said. No matter what happens to housing costs, an individual member will not see a rate decrease. This protects service members who have long-term leases or contracts if housing costs in their areas decrease.

"The BAH for Carson Soldiers' is enough money for Soldiers to live off post depending on the amount of dependents they have and the size of the place they want to move to," said Sgt. 1st Class Juan Montoya, senior military pay NCO, at Fort Carson's Detachment F, 230th Finance.

Montoya said the BAS program has been increased by 5 percent from monthly rates of \$254.46 to \$267.18 for enlisted members and from \$175.23 to \$183.99 for officers.

"It's been through several changes," Holman said. "Currently, increases are based on food prices determined by the U.S. Department of Agriculture."

## 2005 Basic Allowance for Housing at Colorado Springs without dependents

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	W-1	W-2	W-3	W-4	W-5
\$598	\$598	\$598	\$598	\$681	\$741	\$865	\$1,012	\$1,051	\$805	\$1,012	\$1,055	\$1,119	\$1,146

O-1E	O-2E	O-3E	O-1	O-2	O-3	O-4	O-5	O-6	O-7
\$988	\$1,042	\$1,112	\$723	\$942	\$1,067	\$1,142	\$1,160	\$1,188	\$1,212

## Rates with dependents

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	W-1	W-2	W-3	W-4	W-5
\$855	\$855	\$855	\$855	\$988	\$1,112	\$1,139	\$1,169	\$1,236	\$1,112	\$1,152	\$1,188	\$1,254	\$1,331

O-1E	O-2E	O-3E	O-1	O-2	O-3	O-4	O-5	O-6	O-7
\$1,145	\$1,183	\$1,266	\$1,002	\$1,109	\$1,187	\$1,363	\$1,487	\$1,499	\$1,517

# New DOD sexual assault prevention policy

by Donna Miles

## American Forces Press Service WASHINGTON

The Defense Department announced sweeping changes in how the military handles sexual assaults, with uniform policies and procedures that apply to members of all services, wherever they are stationed or deployed.

In a Pentagon briefing Jan. 4, David S. C. Chu, undersecretary of defense for personnel and readiness, said the changes — laid out in 11 new memorandums sent to Congress and the military services — “will change the way the military handles sexual assault, from the operations arena all the way to culture of the institution, in a profound and lasting way.”

The new DOD policy focuses on three major areas: enhanced education and training to help prevent assaults, improved treatment and support for victims and a better system for investigating and prosecuting offenders.

Chu said the changes are designed to help build a “climate of confidence” that instills trust in victims that they’ll get the care they need, while instilling in all servicemembers that “this crime will not be tolerated.”

The goal of the new policies is to standardize programs and policies throughout the Defense Department to

improve prevention of sexual assault, enhance victim support and increase accountability.

Chu acknowledged that the military’s traditional victim-response system didn’t provide the level of care and support victims need. “We are moving aggressively to put new systems in place to address this shortcoming,” he said. “The well-being of victims is a priority for us, and we are doing whatever it will take to ensure they get the best possible care.”

This support begins with a better system for reporting and investigating sexual assault that is more sensitive to victims’ privacy and confidentiality, Chu said. Final details of that effort are still being worked out but are expected to be resolved soon, possibly within the week, he said.

DOD’s sexual-assault policy will also ensure uniform standards of care, “so no matter where you are or what branch you serve in, you will have the same support systems and the same response personnel available to you,” he said. New reporting guidelines and protocols will ensure an appropriate and timely response that Chu said will treat victims with “the dignity and respect they deserve.”

Chu stressed this will apply for forces wherever they might be

deployed on the globe. “All of these services should be available to everyone, everywhere,” he said.

Ensuring that victims get this care will be the job of the newly established sexual assault response coordinators. Chu said these officials will serve as a single point of contact to coordinate sexual assault victim care. And once the concept is fully implemented, the coordinators will be at every military installation around the world, he said.

The new policy calls for consistent sexual assault prevention education and training that begins in basic training and continues throughout the servicemembers’ military careers.

The most basic part of the training includes clear-cut definitions of what constitutes sexual harassment, sexual assault and other sexual-related offenses. Chu said this will help “eliminate confusion and uncertainty about which actions constitute which offense.”

Other training will be geared to first responders and commanders on dealing with cases of sexual assault within their ranks.

Air Force Brig. Gen. K.C. McClain, commander of Joint Task Force Sexual Assault Prevention and Response, said the new sexual assault policy “will make a tremendous difference in the lives of the men and women

in our services.”

Despite what she called “huge strides,” she acknowledged that the new policy “is no silver bullet” or “overnight solution.” Implementing the new policy in an effective way “will take time,” she said.

The joint task force will provide oversight as the services implement the new policy over the next year to ensure programs are consistent, McClain said.

Once implemented, this cohesive, department-wide program “will ensure that every servicemember has a baseline training to help prevent sexual assaults,” she said. “And also, in the event that there is a sexual assault, (it will ensure) that every servicemember will have access to the same standard of care and support, regardless of where they are assigned.”

Mountain Post Soldiers can expect changes as well.

“All personnel on Fort Carson must go to a mandatory prevention of sexual assault class which is being conducted by the unit commanders by Jan. 31,” said Maj. Mark Flynn, Equal Opportunity program manager for the 7th Infantry Division and Fort Carson.

This class is a semi-annual requirement mandated by Army Chief of Staff, Gen. Peter Schoomaker for Soldiers in training and a refresher all others.

# Community

## Evans opens services' excellence center

by **Spc. Zach Mott**  
**Mountaineer staff**

Evans Army Community Hospital opened its newest program Jan. 6 in a small ceremony at the hospital. The Center of Excellence for Hospital Environmental Services will be used to train future housekeeping workers and custodians.

The program is a joint collaboration between the hospital, Professional Contract Services Inc. and the National Institute for the Severely Handicapped.

"The goal of this center is to become a nationwide model and resource in assisting Defense Department and nonprofit medical communities in the delivery of housekeeping and custodial services," said Joe Balas, the Center of Excellence program manager.

Evans was recently recognized for consistent excellence in meeting and exceeding Joint Commission of Accreditation of Healthcare Organizations, infection control,

International Organization for Standardization and Occupational Safety and Health Administration compliance requirements.

About five years ago, EACH began a program using employees from the NISH. These employees have contributed to what EACH commander, Col. Brian Lein called the cleanest hospital he has ever seen.

The employees ensuring these services are adequately provided are from the National Institute for the Severely Handicapped. Tina Greenlee, the director of housekeeping, said these employees do a great job and that is the main reason the hospital is as clean as it is.

Other locations around Fort Carson have been mentioned as a possibility to begin using these services, but nothing specific has been arranged, said Erick Rodas, the operations manager for PCSI.

We hope that this center for excellence will become a model for all of the Defense Department, Balas said.



Photo by Spc. Zach Mott

From left, Lt. Col. Jonathan Branch, Evans Army Community Hospital chief of logistics, Erick Rodas, operations manager, Professional Contract Services Inc., Joe Balas, program manager, Center of Excellence for Hospital Environmental Services, Col. Brian Lein, EACH commander, Judy Darbyshire, contract officer representative, EACH; and Tina Greenlee, director of housekeeping; stand together after opening the Center of Excellence for Hospital Environmental Services at EACH.

## New storage facility coming to Mountain Post

by **Spc. Zach Mott**  
**Mountaineer staff**

Soldiers, retirees and other identification card holders will soon have an additional 250 to 300 secure parking spaces for their recreational vehicles and equipment.

Beginning in early March, Lou Moskowitz, the Outdoor Recreation director, said the post will open the newest RV storage facility in the area that used to be the abandoned vehicle lot near Gate 20.

Currently, the only options are the spaces available at the Outdoor Recreation complex or finding a storage facility around town.

"A lot of storage spaces downtown are not open 24-hours and are more expensive," Moskowitz said.

He added that the current facility has 24-hour access via an electronic gate. When completed, the new facility will have the same 24-hour access as well.

There are currently between 125 and 150 people on the waiting list for on post storage, Moskowitz said, with active-duty Soldiers living on post having top priority.

On-post, active-duty Soldiers have priority because it is against post regulations to store a recreational vehicle, be it a camper, jet ski, snowmobile, etc., in the housing area.

"The first thing we're going to do when (the new facility is) opened is we're going to try to get all these people that have been on the waiting list into

that lot," Moskowitz said. "Those are the people that are willing to pay right now. After that, it's going to be first come, first served."

To change the abandoned vehicle lot to an RV storage facility a few alterations need to be made. The lot needs to be paved, lined and have the electronic gate installed before it opens in March.

Prices for the facility are based on the size of the vehicle or trailer. The prices are: \$15 per month for 1 to 10 feet; \$20 per month for 11 to 19 feet; \$25 per month for 20 to 29 feet; and \$30 per month for 30 feet and larger.

"We've been short of storage space for quite a while," Moskowitz said, noting that the shortage has been ongoing in all of his seven years here.



Courtesy rendering

### New fire station ...

This is an artists rendering of the new Fort Carson Fire and Emergency Services fire station that will be located at Prussman Boulevard and Wetzel Avenue. The new station is located across the street from the current Station 31. Construction is currently under way and is expected to be completed in September or October 2005.

# Planning for emergencies can relieve stress

## Courtesy TriWest Healthcare Alliance

Medical emergencies tend to be sudden, unexpected and stressful for all concerned. They often occur late at night, on weekends or while you're traveling far from your Primary Care Manager's office or military treatment facility.

The time to familiarize yourself with TRICARE's guidelines for seeking emergency or urgent care is now—before you're faced with a serious situation.

A TRICARE-defined emergency medical condition is characterized by acute symptoms (that can include severe pain) that are serious enough to threaten:

- loss of life, limb or eyesight;
- serious impairment of bodily functions or any bodily organ or part;
- serious jeopardy to the health of an individual or the health of a pregnant woman or her unborn child.

If you or a family member had a broken arm or leg, a serious wound or symptoms of a heart attack on a Sunday, would you hesitate to call "911" or to head for the nearest emergency room? However, would you do the same if a seemingly serious and painful or fever-causing condition were less obvi-

ous? Or would you consider waiting for an urgent-care appointment with your primary care manager on Monday?

To decide whether or not to call 911 or go to the ER right away, ask yourself:

- Is there a risk of death or permanent disability?
- Is there a risk to the life or health of a pregnant woman or her unborn child?
- Is there a risk of losing use of a limb or other body part?
- Is there a risk of blindness?

If the answer to one or more of these questions is "yes," or if your condition seems too serious for you to take the time to call your PCM or TriWest for advice, call 911 or go to an emergency room immediately!

You don't have to notify TriWest before visiting an ER, but you must notify your PCM within 24 hours of receiving emergency room care. If you are admitted to a hospital, TriWest must be notified by calling (888) TRIWEST or (888) 874-9378, toll free, within 24 hours of the admission.

An urgent care condition is defined as one serious enough to worsen or cause unnecessary suffering if treatment is delayed more than 24 hours. Urgent

care differs from emergency care in that the condition, though not immediately life or limb-threatening, cannot wait for a regular PCM visit. You must contact your PCM or TriWest for instructions before receiving urgent care treatment.

True medical emergencies are covered by TRICARE, and you will not be responsible for more than your applicable costs. Note, however, that receiving care at a civilian ER for a non-emergency condition could make you responsible for any costs you incur, unless your PCM or MTF refers you.

Before you find yourself in the middle of an emergency or urgent medical situation, write down the location, telephone number and hours of the nearest emergency room or urgent care facility, the number(s) of your PCM and MTF, and the number at which to call TriWest Healthcare Alliance, your TRICARE West Region contractor. Note that local rules, hours and telephone numbers regarding emergency and urgent care and appointments will vary with the individual MTFs. Keep this available in several places, including near each telephone in your house, in your wallet and in your vehicle.

## Transition brings new features, some bumps

### Courtesy TriWest Healthcare Alliance

With the transition of the TRICARE military health program for the West Region complete Oct. 1, 2004, some beneficiaries felt the "bumps" that resulted from new systems and new procedures for accessing health care.

The military's health care services leadership, including the commanders of Military Treatment Facilities, have been active and effective in ensuring optimal care and customer service, with a consistent focus on improving the quality of care and service. However, the causes of these "bumps" have been beyond their control.

For example, while provider networks have grown overall during the transition, some beneficiaries have still had to choose a new provider, others have experienced long waits on the telephone, and even one beneficiary receiving inaccurate information is unacceptable.

"The bumps in the road of this massive transition are being addressed

as quickly as we can," said David McIntyre, president of TriWest Healthcare Alliance, which administers the TRICARE program in the new West Region comprised of 2.7 million beneficiaries in 21 states stretching from the banks of the Mississippi River to the beaches of Hawaii.

"We recognize the problems, we have the systems in place to resolve the issues, and we're making progress," he said.

In administering the vast new TRICARE West Region, TriWest Healthcare Alliance more than doubled its workforce. A significant training effort has ensued to educate customer service representatives so they can provide prompt, accurate information, the first time.

With such rapid growth, telephone volumes skyrocketed causing longer waiting times. TriWest staff is working overtime to handle the volume and train more staff, while the technology team focused its efforts on finding solutions.

More telephone lines and additional customer service representatives have reduced waiting times and work continues in this area. However, longer than acceptable wait times continue to occur at peak hours. Calling on Thursday and Friday afternoons can significantly reduce hold times.

TriWest also put significant efforts into growing the provider network.

Since the beginning of June, nearly 72,000 providers have been contracted, and efforts to provide a truly comprehensive provider network in the West Region continue.

Procedures for using TRICARE are fundamentally the same, but with the transition to the new contract, there are some differences:

**Provider Referrals** — To obtain provider referrals the process is as follows:

- Visit a Primary Care Manager in either the MTF or network. If necessary, the PCM will write a referral for care by a specialist;

- The network PCM forwards the referral to the TriWest Hub;

- For military PCMs, the MTF forwards the referral to the TriWest Hub if the specialty care can not be provided in the MTF;

- TriWest processes the referral for authorization and will attempt to obtain the service in the MTF if the specialty requested is available in the MTF;

- A letter of authorization is sent to the beneficiary with either contact information for the MTF or the name of a suggested network provider and instructions on what to do next;

- For network referrals, the beneficiary has two options: Accept the suggested provider or select another network provider;

- To accept the suggested network provider, call to make an appointment with the specialist and then call TriWest at (866) 876-2383 to activate



# Community Briefs

## Miscellaneous

**Black History Month events** — There will be a gospel concert Feb. 3 from 6:30 to 8:30 p.m. at Provider Chapel in celebration of Black History Month. If you would like to participate, call 526-4413 or 526-5818.

Celebrate the history of Black American spirituals through modern gospel music.

**Ski trips** — Fort Carson Information, Tickets and Registration office has a ski trip Saturday to Monarch Ski Resort. The price is \$49 for adults and \$29 for children. Price includes lift ticket and transportation. The price for just transportation is \$15 for adults and children.

There will be a ski trip Jan. 22 to Ski Cooper. The price is \$99 for adults and \$75 for children and that price includes two lift tickets, transportation and lodging for one night.

For more information, call 526-5366 or 526-6590.

**Movies** — The Freedom Performing Arts Center, building 1129, is showing the following movies for free.

Saturday — "Lord of the Rings: Return of the King"

Jan. 15 — "Shark Tale"

Jan. 22 — "Spider-man 2"

Jan. 29 — "Harry Potter and Prisoner of Azkaban."

**"B" Street shoppette hours** — The shoppette at "B" Street is now open 24 hours a day, seven days a week.

**Fort Carson Officers' Spouses' Club membership sign-up and bingo game** — The Fort Carson Officers' Spouses' Club is hosting a bingo game at the Elkhorn Conference Center at 6:30 p.m. Wednesday. You must be a member to play. General membership sign-up will be prior to the game from 5:30 to 6:30 p.m. at the ECC and the bingo game will start afterward. If you would like to join the FCOSC or learn about the programs and functions, attend the meeting. For more information or to RSVP to the bingo game (RSVP by today), call to Kelli at 559-6421 or Ann at 559-7838.

**Alcoholics anonymous meeting** — There will be an alcoholics anonymous meeting every Wednesday at Soldiers' Memorial Chapel at 7 p.m. Anyone can attend the meeting. Call Frank A. at 322-9766 for more information.

**Middle East classes** — Afghanistan, Kuwait, Saudi Arabia, Iran, Iraq — these countries are at the center of world politics and American foreign policy. America's continued military presence in the Middle East demands Soldiers who are capable of operating effectively among local populations and earning trust.

The Extended Studies Program at the University of Colorado at Colorado Springs brings four new credit courses to the Fort Carson Army Education Center that will answer these questions. The courses comprise the new Certificate in Middle Eastern Studies and are designed to help Soldiers prepare for deployment to the Middle East. The certificate program includes:

- Two courses of language instruction in either Arabic or Farsi
- One course in cultural awareness
- One course dealing with Islamic philosophy and history following the fall of the Ottoman Empire

All courses are accredited and may be applied

to degree programs at UCSC or other universities.

These courses are offered only at the education center at Fort Carson. Classes begin Jan. 24. Tuition is \$159 per credit hour, and military tuition assistance is accepted.

Visit <http://web.ucsc.edu/extendedstudies>, to request a registration form or to get more information or visit the Fort Carson Education Center, building 1117, room 322, from 3 to 5 p.m., the second and fourth and Tuesdays of the month or visit room 321, from 10 a.m. to 1 p.m., the first and third Tuesdays of the month.

**Charitable donations** — Twice a year the Fort Carson Officers' Spouses Club distributes charitable monies to assist and support nonprofit organizations. The FCOSC is currently accepting applications for consideration of these funds. The disbursement will be in late April 2005 following a review and selection process of all applications by the FCOSC. To request an application, contact Bambi Brimmer, FCOSC Welfare Chairperson by e-mail at

[fortcarson\\_officersspousesclub@yahoo.com](mailto:fortcarson_officersspousesclub@yahoo.com) or via P.O. Box 12886, Fort Carson, CO 80913. All applications must be postmarked by March 14.

**Education hours changed** — The following services have been changed from their regular operating hours (7:30 a.m. to 4:30 p.m. Monday to Friday). The remainder of the education center will be open for services as always.

The Military Occupational Specialty Library will be open from 10 a.m. to 2 p.m. The MOS library will be open from 10 a.m. to 2 p.m., Monday to Friday, except training holidays and holidays.

**Microsoft certification** — There are 2,140 vouchers available to active duty and Reserve component personnel to take the Microsoft certification test free of charge. Prospective military members must complete the Microsoft Certification Test Application located on the DANTES Web site at [www.dantes.doded.mil](http://www.dantes.doded.mil). The application can be found under the "Certification Programs" section. The test is given in Colorado Springs at: New Horizons, 1755 Telstar Drive, telephone number 380-0300.

Questions regarding the vouchers are to be addressed to [certprog@voled.doded.mil](mailto:certprog@voled.doded.mil), or DSN 922-13609, or 850-452-1360.

## Veterinary Treatment Facility

As of Jan. 1, the Fort Carson Veterinary Treatment Facility will be expanding to better serve its clients.

It will be open for sales Monday through Friday, 8 a.m. to 3:30 p.m. Appointments will be available Monday through Friday from 8 a.m. to noon and 1 to 3:30 p.m. It will be closed on federal holidays.

**Vet services** — The VTF is capable of providing preventive medical services as well as diagnosing and treating mild and acute illnesses. It is not designed to treat chronic problems or problems previously diagnosed by civilian veterinarians.

Its primary function is to protect the health of the military community by issuing travel health certificates, providing pets with vaccinations, providing testing for and prevention of parasites, and diagnosing and treating conditions which may be transmissible from pets to humans. Other conditions may be diagnosed and/or treated as time and clinic capabilities allow. It will work to provide Fort Carson pets with as much care as possible, within the confines of our capabilities and applicable regulations. In most instances, it will strive to reach a diagnosis of your pet's condition. However, once it has been confirmed that your pet's condition is not transmissible to people or will require diagnostics not available in our clinic,



**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

# A Couples Journey



## "The Five Love Languages"

1. Words of Affirmation, 2. Receiving Gifts,
3. Quality Time, 4. Acts of Service
- and 5. Physical Touch

**Thursday, January 20**

**6:00P.M. to 7:30P.M.**

**Family University, Bldg 1161**

Limited childcare, prior registration required. For details or to register, contact the Soldier & Family Readiness Program, (719) 526-4590.

ic, patients will be advised to seek civilian veterinary care.

The VTF offers limited surgical services for pets. It offers procedures such as teeth cleanings and spay/neuter services. The number of procedures performed is limited both by regulations and time available. In an effort to make services available to those who may need them most, Soldiers E4 and below have the first opportunity to schedule surgeries each month. (Soldiers E4 and below may call from the first through the fifth of each month to schedule surgeries for the month. All other active-duty Soldiers and retirees may call after the fifth of each month.

**The Waa-Nibe Carson House** — is available for family readiness group meetings, unit functions, promotion parties or personal use. It's located beside the thrift shop in building 1007.

For more information, call Leslie Glad at 392-4072.

**SKIES Unlimited** — Fort Carson Child and Youth Service's instructional program has added a variety of new classes this fall. Registration is being taken for piano and keyboard, Spanish, arts and crafts, sign language, Tae Kwon Do, ballet, swimming and gymnastics lessons.

Additional classes beginning this fall will include defensive driving, hand bells, public speaking for teens, roller skating for ages 3 to 18 and tutors. Call 524-2896 for more information.

## Claims against the estate

With deepest regrets to the family of Air Force Tech. Sgt. Randy R. Cross, deceased, anyone having claims against or indebtedness to his estate should call Lt. Col. Bradon Wagoner at 684-5060.

## Chaplain's Corner

# Remember golden rule for getting a fair shake

**Commentary by Chap (Maj.) David Causey  
3rd Armored Cavalry Regiment**

Garrett had a dark secret. True, from about poverty he built a prosperous tailoring business, established the newspaper, The Cleveland Call, and went on to achieve success in many other financial ventures.

True, Garrett was also one of America's most prominent inventors. For instance, he developed his own sewing machines for his garment-making business and invented cross-stitch attachments for other sewing machines. He developed an entire line of grooming products. One of his most notable inventions was the traffic signal — a device widely used across North America (until the advent of the traffic light) that successfully managed city traffic and made transportation significantly safer. Yet one of Garrett's most enduring

inventions was the gas mask. His "breathing device" is credited with saving the lives of 32 tunnel workers who became trapped in an underground shaft 250 feet below Lake Erie. A refined version of Garrett's invention saved hundreds of American lives on the battlefields of World War I.

For all his contributions and achievements, you would have thought that Garrett was hailed as a hero. He was — as long as he kept his dark secret a secret.

But then it happened. Though he tried to have others market his products, others who did not have such dark secrets, yet his secret was revealed. Everyone in America found out who this "Garrett" was. His full name was Garrett Augustus Morgan. His dark secret? The color of his skin — it was dark. Garrett Morgan was African American, the son of a former slave. And, as he feared, once his

dark secret became public, the sales of his inventions plummeted and his name was erased from the pages of America's heroes.

In every one of us, there is the desire to rise in society on the merits of our own achievements, to be given a fair chance to succeed, to be granted credit when credit is due, to be given a fair shake in life. If we desire this for ourselves, shouldn't we be willing to grant it for others?

Confucius once said, "What you do not want done to yourself, do not do to others." Socrates said, "What stirs your anger when done to you by others, that do not do to others." Rabbi Hillel wrote, "Whatever is hateful to you, do not do to your neighbor." It was Jesus Christ who said, "Whatever you wish others to do for you, do so for them."

## TRICARE

From Page 12

that authorization which allows us to track return of the consultation to your PCM within 10 days. (Please note this is a new number);

- If selecting a different provider, call (888) TriWest (874-9378), select the authorization option and provide the name of the new provider to the customer service representative. A new letter will be sent to the beneficiary;

- To find network providers, visit [www.TriWest.com](http://www.TriWest.com) and click "Find a Provider," located in blue at the very top, right hand side of the screen. From there, follow the easy-to-use instructions.

**Prescription Medications** — Under the new West Region contract and the entire TRICARE program, beneficiaries

have three pharmacy options: the MTF, TRICARE Mail Order Pharmacy and TRICARE Retail Pharmacy Network. Express Scripts processes is the contractor responsible for the TMOP and TRRx programs. To order by mail or locate a network pharmacy near you, visit [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) or call (866) 363-8779. Please be sure to double-check your prescription order for accuracy.

**Enrollment Fees** — Based on requests from beneficiaries, TRICARE Prime enrollment fees can now be paid by allotment or by electronic funds transfer system from a financial institution. Department of Defense allotment forms are available at [www.triwest.com](http://www.triwest.com) or from the TRICARE Service Center on base.

**Permanent Change of Station** — When transferring from one duty station to another in the TRICARE West Region,

beneficiaries must submit a change of Primary Care Manager request by calling (888) TriWest and submit an address change in DEERs. Temporary and permanent address changes may be submitted at the military identification card facility on the nearest installation, mailed to Defense Manpower Data Center Support Office, attn. COA, 400 Gigling Road, Seaside, CA 93955-6771, updated online by using the DEERs Web site, [www.TRICARE.osd/DEERsAddress/](http://www.TRICARE.osd/DEERsAddress/) or by calling (800) 538-9552 or faxing to (831) 655-8317.

Upon arrival at a new duty station, visit the local TSC/TCAC to begin the enrollment transfer process. Within the TRICARE West Region, online enrollment is accessible at [www.triwest.com](http://www.triwest.com). It is important to complete the enrollment-transfer step as the Defense Enrollment Eligibility Reporting System will reflect

the Defense Medical Information System code from the last duty station. If the DMIS code isn't updated to reflect your new duty station, claims may not be processed correctly.

"About 50 percent of TriWest employees are retired military or military family members, so rest assured we are committed to improving our levels of service to the men, women and families stationed at your base," McIntyre said. "We feel privileged to serve America's military family and are committed to doing 'Whatever It Takes' to serve those in the entire West Region. While it is difficult to bear with a period of transition, the result will be a stronger, better, more efficient TRICARE program."

If you have questions or problems, call TriWest toll-free at (888) TRIWEST (874-9378) or visit the Web site at [www.triwest.com](http://www.triwest.com).

## Chapel

**Awana** — The Fort Carson Awana Club meets at Soldiers' Memorial Chapel Thursdays from 5 to 7 p.m.

Awana is an international, nondenominational organization. Its goal is to reach young people with the gospel of Christ, and train them to serve him. For more than 50 years Awana clubs have been reaching this goal through meetings that include fast paced and exciting games, scripture memorization and Bible-based lessons.

The Fort Carson club has spaces available for children from 3 years of age to 8th grade. We are also looking for committed individuals with a heart for teaching children God's word to be on our leadership team.

To register your children or for more information, contact Stacy Chapman at 382-3970.

**Protestant Women of the Chapel** — PWOC meets every Tuesday at Soldiers' Memorial Chapel from 9 to 11:30 a.m. Any questions, please call Barbara McConaughay at 310-7693.

**Native American services** — The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members and Department of Defense personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) [micheal.dunning@carson.army.mil](mailto:micheal.dunning@carson.army.mil), or Charles Erwin at 382-8177, (e-mail) [erwin106@juno.com](mailto:erwin106@juno.com), or Zoe Goodblanket at 442-0929 for more information and directions.

Chapel Schedule				ROMAN CATHOLIC		Contact Person
Day	Time	Service	Chapel	Location		
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital		Fr. Battatio/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez		Chap. Amano/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez		Chap. Amano/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman		Chap. Amano/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez		Chap. Amano/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez		Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital		Fr. Battatio/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis		Chap. Amano/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez		Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez		Chap. Amano/526-5769
PROTESTANT						
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital		Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis		Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez		Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman		Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman		Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez		Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez		Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus		Chap. Martinez/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez		Ms. Scheck/231-9511
LITURGICAL						
Sunday	10:45 a.m.	Lutheran/Anglican	Provider	Barkeley & Ellis		Chap. Mitchell/526-3888
JEWISH						
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.						
WICCA						
Monday	6:30 p.m.		Family University	Building 1161		Melissa Dalugdu/330-7873
NATIVE AMERICAN SWEATLODGE						
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.						

**Daily Bible readings:** In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

**Friday** — Psalms 42 & Mark 15-16

**Saturday** — Psalms 43 & Genesis 1-3

**Sunday** — Psalms 44 & Genesis 4-6

**Monday** — Psalms 45 & Genesis 7-9

**Tuesday** — Psalms 46 & Genesis 10-12

**Wednesday** — Psalms 47 & Genesis 13-15

**Thursday** — Psalms 48 & Genesis 16-18

The Army Cycle of Prayer — Each week, the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations.

The Army Cycle of Prayer. Please pray this week for the following:

Unit: For the Soldiers, families and leaders of the 10th Special Forces Group, Headquartered at Fort Carson, forward deployed in support of Operation Iraqi Freedom.

Army: For the dedicated officers, non-commissioned officers, Soldiers and veterans of the Armor Corps, with its regimental home and school located at Fort Knox, Ky.

State: For all Soldiers and their families from the state of Idaho. Pray also for Gov. Dirk Kempthorne and the state legislators and municipal officials of the Gem State.

Nation: For the president of the United States, George W. Bush, and for his wife and family as he is inaugurated for a second term.

Religious: For the clergy and congregations of the Christian Churches/Churches of Christ, and for the chaplains endorsed for military ministry by that community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com).





A Soldier with Troop G, 2nd Squadron, 3rd Armored Cavalry Regiment, drags a wounded comrade to safety during an engagement with "insurgents" at Medina Jabal, Range 60.



Soldiers from Troop G, 2nd Squadron, 3rd Armored Cavalry Regiment, are "killed" by a simulated improvised explosive device during training at Medina Jabal, Range 60.



Photos by Sgt. Chris Smith

Locals protest against American presence in their village and Iraq to Soldiers from Troop G, 2nd Squadron, 3rd Armored Cavalry Regiment, during training at Medina Jabal, Range 60.

## MRX training in full effect

### 3rd ACR brings NTC to Fort Carson

by Sgt. Chris Smith  
Mountaineer Staff

Due to the large number of deployments in support of the Global War on Terrorism, the National Training Center, Fort Irwin, Calif., is not always available for units to go to prior to a deployment.

To help combat this, NTC has brought a mission readiness exercise to Fort Carson for troopers of the 3rd Armored Cavalry Regiment.

The MRX is using a different number of situations to help prepare Soldiers for an impending deployment in support of Operation Iraqi Freedom. NTC brought a number of observer controllers, "insurgents" and Iraqi natives to Fort Carson to add to the realism of the training.

The training is along the lines of what the Soldiers would receive at NTC.

"They are similar in nature but are different based on the terrain here at Fort Carson and the resources available. I think the objectives are all the same," said Capt. Daniel Allmacher, an intelligence planner for the operations group from NTC. "It's different, but I think we are trying to achieve the same objectives for the regiment. They're going to

deal with a lot of the same situations they would've dealt with if they'd come to Fort Irwin."

Fort Carson has outfitted several military operations on urbanized terrain training sites for the training. The sites were fitted with a video surveillance system which records the battles for the after-action review process, according to Allmacher.

The MOUT sites are inhabited by Iraqi natives role-playing as if they were actually in Iraq to add to the realism for the Soldiers. The sites have mayors, sheiks and police for the Soldiers to interact with as well. The Soldiers are frequently inundated with protests and insurgent strikes when they go to villages.

With Iraqis role-playing villagers, the Soldiers had to find interpreters to communicate with village leaders. The Soldiers also were required to react to improvised explosive devices, mortar attacks and rocket attacks, not only in the villages, but at their forward operating bases and in convoys as well.

It's definitely a good tactic, said Spc. Allen Davis, 43rd Combat Engineer Company, 2nd Squadron, 3rd ACR. This is realistic; they did a

good job getting Iraqis as role-players.

Soldiers from 2nd Sqdn., 3rd ACR, completed the first week of training for the regiment Sunday and 3rd Squadron is now taking part in the MRX.

"I think that 2nd Squadron got a lot of good training, and I think that they really got to see themselves and got some systems stressed and realized some things they need to get better on," said Allmacher. "I think that 2nd Squadron will walk away from this experience with a list of things they need to improve on before they deploy. I know it will make them a better unit and that they'll be more successful in Iraq, thanks to this training."

The training is something that may be brought out to other posts, according to Allmacher. He said that he thinks it's something that should be set up and established. The integration of NTC and home-station training would provide a larger likelihood that Soldiers would receive the proper training before going to Iraq.

The MRX will be ongoing for about two more weeks on Fort Carson as Soldiers get hands-on training for the upcoming deployment in support of Operation Iraqi Freedom.



"Insurgents" move into position against American Soldiers during training at Medina Jabal, Range 60.



A "wounded" Soldier calls for assistance during training at Medina Jabal, Range 60.





## Out & About

Jan 14 - 21, 2005

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**CHECK OUT CYS'S NEW WEBSITE [www.carsoncys.com](http://www.carsoncys.com)  
FOR UPCOMING PROGRAMS.**

### **DIRECTORATE OF MORALE, WELFARE, AND RECREATION JANUARY 2005 UPCOMING EVENTS**

- \* SKIES Unlimited programs ~ 524-2896
- \* Spring Soccer Registration starts Jan 18 ~ 526-2301
- \* Jan 14 ~ CYC Middle School 70's Dance ~ 526-2301
- \* Monarch Ski Trip ~ Jan 15 ~ Tickets at ITR ~ 526-5366
- \* Ski Cooper Trip ~ Jan 22 - 23 ~ Tickets at ITR ~ 526-5366
- \* Buns on the Run 5K/1 mile walk ~ Feb 9 ~ 526-9120



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Performing Arts Center  
"HOME OF HARMONY IN MOTION"

**JANUARY**  
**FREE 1:00 MATINEE MOVIES**

Saturday, January 15  
"I, Robot"

Saturday, January 22  
"Spiderman 2"

Saturday, January 29  
"Harry Potter and the Prisoner of Azkaaban"



FOR INFORMATION,  
PLEASE CALL 526-1867

**CHECK OUT OUR WEBSITE [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)  
FOR UPCOMING 2005 EVENTS!!**

# Sports & Leisure

## Trojans vs Denver East

### Trojans take on top Denver team Saturday

by **Walt Johnson**  
**Mountaineer staff**

The Fountain-Fort Carson Trojans will meet the defending 5A state champions from Denver East High School Angels Saturday at Fountain Fort Carson High School in what may be the biggest non-title game in recent school history.

The Trojans will come into the game after winning a hard-fought decision over the Sierra Stallions Friday night and establishing themselves as one of the top teams in the Colorado Springs Metro League. Being one of the top teams in the city is one thing, being one of the best in the state is quite another. If nothing else, Fountain-Fort Carson coach Anthony Ribaldo said this game may not answer the question of whether they are among the best in the state, but it will answer the question of just how good is this team?

"My philosophy is, we are only going to get better by playing better people. This summer the Denver East coach (Rudy Carey) called and asked if we'd be interested in scheduling a game. It made us happy because we feel the word is getting around that Fountain-Fort Carson is a competitive program. It's nice that a topnotch school like Denver East wants to come down to play us. We have beaten a couple of 5-A schools already but obviously they have not been the caliber of

Denver East. We are growing into the game with the approach that anything can happen once. Hopefully, the fact they are taking the two-hour drive from Denver will be to our advantage," Ribaldo said.

The Trojans are coming off a dream season last year when the team lost its final game of the year in the 4-A state championship game. Losing the top six players from that squad would not have made a lot of coaches eager to test a new group against such experienced talent, but Ribaldo knew he would have another special group of athletes coming back to play this year and jumped at the chance to play the defending 5A champs.

"We take this as a challenge. It's great for the kids to know they can play on a competitive level with a team like Denver East. Our league is very competitive year after year, but you're not going to see the kind of talent Denver East puts on the floor very often here. We're pretty competitive and we have guys who like to get after it a little bit. They all loved it and are looking forward to the challenge and they are very excited about playing the game," Ribaldo said.

Ribaldo said win or lose, his team has the goal of playing extremely hard and when the teams leave the floor they want Denver East to know they were in good battle with a talented team from Colorado Springs.



Photos by Walt Johnson

Fountain-Fort Carson center Charlie Paddock, 42, tips in a shot as Sierra Stallion defenders look on.



Fountain Fort Carson's Dolan West, right, to go around a Sierra defender during action Friday at the high school.



Fountain Fort Carson's Charles "Junior" Moody defends the basket during a Sierra fast-break attempt.

On the Bench

# Remembering a Mountain Post friend

by Walt Johnson  
Mountaineer staff

**Rarely did anyone come in contact with Josh "Mitch" Mitchell and come away worse for the experience.**

The former intramural sports director passed away Dec. 29, 2004 in Colorado Springs after a long illness. Mitchell was involved with the Fort Carson program for more than 25 years and many of the innovative and forward thinking activities over the years had his hand directly on them.

I remember every time I needed something from Mitch he was more than willing and able to get me the information I needed. I have seldom come across a person who was always so positive and always had the best interest of Soldiers in mind when he worked the intramural or varsity level sports programs.

No matter what the sporting event, you could count on Mitchell being there to support the program, whether it was one of his programs or not.

I can remember being at the sports complex with Mitch on the hottest days in July and the coldest days in December and one thing that was always a constant was his can-do attitude and commitment to giving the Soldiers the best program he could give them. We spent many days warming up in the sports van or cooling off in the offices at the complex, always laughing and hav-

**See Bench, Page 21**



File photo by Walt Johnson

**Former Fort Carson intramural director Josh "Mitch" Mitchell, shown here at the Mountain Post Sports complex, passed away after a long battle Dec. 29, 2004.**



Photo by Walt Johnson

## Go Trojans ...

Fort Carson's Ontario Washington fires a jump shot over the outstretched arm of a Colorado Springs Ballers' player Saturday at the Special Events Center. The post team fell 90-59.

## Bench

From Page 20

ing a good time knowing the Soldiers were having a good time.

Bill Reed, Special Events Center manager, was a close associate of Mitchell's during his time here and Reed said Mitchell's passing means the post has lost a true friend.

"Josh Mitchell was not only a good co-worker, he was a good friend. We were able to share our experiences, good and bad, to help make the sports program the best it could be. We also were able to help each other in our personal lives and there are many other people who could say the same thing. Mitch was always the type of person who would talk sports or life with the same passion, and did he ever enjoy sports and life. I am going to miss my friend and co-worker."

So will the Mountain Post community miss a great man. Rest well, Mitch.

**Forrest Fitness Center is the place to be if you want to get into an exercise program for the new year.**

Cycling classes are held six days a week while aerobics classes are held five days a week.

The aerobics schedule is:  
Monday (free) at noon and 5:30 p.m.; Tuesday 20/20/20 at 4:30 p.m.

and Yoga at 5:30 p.m.; Wednesday (free) at noon, body tone at 4:30 p.m. and kickboxing at 5:30 p.m.; Thursday 20/20/20 at 4:30 p.m. and pilates at 5:30 p.m. and Saturday Cardio Tone at 9 a.m. and Yoga at 10:30 a.m. The cycling schedule is: Monday at 4:30 p.m.; Tuesday at 6:30 a.m. and 9 a.m.; Wednesday at 6:35 a.m. and 5:30 p.m.; Thursday at 6:35 a.m. and 5:30 p.m.; Friday at 9 a.m. and Saturday at 9 a.m. For more information, contact Forrest staff members at 526-2706.

**The Fort Carson Mountaineers varsity basketball team lost a 90-59 decision to the Colorado Springs Ballers Saturday afternoon at the Special Events Center.**

**The Fort Carson Youth Center will be sponsoring a youth wrestling camp Saturday at the post youth center.**

The camp will be taught by Shon Lewis, U.S. Olympic wrestling assistant coach, World Class Athlete Program and all-Army head coach. For more information on the camp, call the youth center sports office at 526-1233.

**If you have a story idea or know of anything that would be of interest to the general populace, I'd love to hear from you.** Please contact me directly at 659-2308 or call the *Mountaineer* office at 526-4144 and leave a message for me to call you back.



## Army Sports Spotlight



Photo by Walt Johnson

### *Army Tae Kwon Do competitors in action Saturday ...*

Fort Carson's Yelena Pisarenko prepares to fire a kick at her opponent Brittany Nickolyn Saturday at the U.S. Tae Kwon Do team trials at the U.S. Olympic Training Center. Pisarenko and her teammates, Petra Kauai and Jay Utter took part in the competition, which will be used to help select the team to represent the United States at the 2005 World Championships. The Soldiers were among the best of the best, according to Kevin Williams, head coach, who said the matches showed how competitive the Army's Tae Kwon Do program is and the results of the match showed the promise of Army members competing seriously for team and Olympic berths in the coming years is bright.

## Mountaineer Spotlight

# Carson hosts international wrestling meet



Photo by Walt Johnson

Shon Lewis, left, U.S. Olympic team assistant coach, World Class Athlete Program and all-Army head coach, shows members of the national wrestling team a hold during a workout Saturday.

by **Walt Johnson**  
**Mountaineer staff**

Wrestling fans have an opportunity to see some of the finest national and international talent compete when the Kit Carson International Cup wrestling meet will take place Jan. 28 and 29 at the post Special Events Center.

Shon Lewis, U.S. Olympic wrestling assistant coach, World Class Athlete Program and all-Army head coach, said this will be one of the best meets of the year because it will combine the best of the nation against four of the strongest wrestling countries in Europe. Lewis said it's not too early to think about Beijing, China, and the 2008 Olympic Games and that is why this will be a great chance for the national team to gain much needed international competition.

"We will bring some wrestling entertainment to the post community. We have some outstanding international teams from Europe coming to Fort Carson to display their talents along with some of the members of the all-Army team, WCAP, the Fort Carson wrestling club and the U.S. wrestling

athletes who have ambitions to compete for a spot on the upcoming Olympic team," Lewis said.

"We need to get more international competition in the national program. After spending time as the assistant Olympic coach, I saw the need for American athletes to get more international competition. It works out logistically for us that the European teams can come here and compete and it is a great opportunity to get in some international competition. We think having this kind of competition here will pay off for us greatly in 2008 when the Olympic Games are held in Beijing," Lewis said.

The meet will be held using the dual format system which means individual wrestlers can lose matches but the team score is what will be important.

"This will be a great chance for the Fort Carson committee to come out and see past Olympians and hopefully future Olympians competing at the highest level. Also, you can see Soldiers who commit extra time outside of their military duties be successful at competitive wrestling," Lewis said.

## *Mountaineer Intramural Sports*



Photo by Walt Johnson

### *Youth basketball ...*

Members of the Fort Carson Youth Center basketball program took part in skills assessment testing at the youth center Saturday as the center prepares for this year's youth basketball program. The youth season is scheduled to begin Jan. 22 at the youth center with games for children ranging in age from 3 to 18 years old. Youth teams began practicing Monday and practices will continue until the season begins. Games will begin at 9 a.m. each Saturday through March with different age groups playing at various times. Check with the youth center for a schedule or for the time your favorite youth team will be playing.

# Focus on the Family

During the  
cabin-fever  
blues

Story and photos  
by Nel Lampe  
Mountaineer staff

January in Colorado usually means cold weather. Sometimes it seems necessary to get youngsters out of the house for some exercise before cabin fever sets in. A great place to find a playground, corkscrew slide, activities and diversions for children indoors is in Colorado Springs and has no admission charge.

There are also books, videos, dress-up costumes, a stage, interactive computers and a puppet stage. Older children may enjoy a scavenger hunt or make a compact disc of their own radio show for a small charge.



Parents take pictures as visitors pose with cutouts of characters from Focus on the Family videos.

The catch? There isn't one.

This first-class play area is in the Welcome Center at Focus on the Family, on the far north side of Colorado Springs. Focus on the Family asks that families enjoy the Welcome Center together.

Focus on the Family is a Christian ministry that broadcasts radio programs and publishes books, videos and magazines focusing on family life and values.

The ministry moved its headquarters from California to Colorado Springs in 1991. The Welcome Center was added in 1994.

Part of the Focus on the Family ministry is an animated video series, "Adventures in Odyssey," featuring Dylan, Jesse, Sherman and Mr. Whitaker. Some people are familiar with the characters, having seen the stories on cable or Public Broadcasting System stations. Adventures in Odyssey videos are sold in the bookstore.

Focus on the Family also produces an adventure film series, the "Last Chance Detectives." The series features youths who solve some crimes in their neighborhood while learning practical life and moral lessons. Some familiar



The B-17 in the basement of Focus on the Family's Welcome Center is popular with guests.

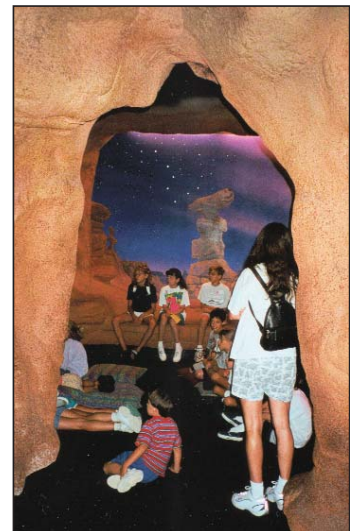
items from the series are in the Welcome Center play area, such as a B-17 aircraft. Episodes of the Last Chance Detective series are sold in the Welcome Center book store. One of the Last Chance Detectives episodes is shown at noon in the 170-seat theater on the first floor.

Other videos for children shown in the Welcome Center are also Focus on the Family products, "VeggieTales" and Ribbits."

On the first floor are interactive displays about the Focus on the Family organization and ministry, and a small matinee theater showing the "Ribbits" videos.

There are several areas on the first floor available to guests. Comfortable seating is scattered about.

The G. Harvey Gallery displays art created for Focus on the Family by the artist. There's a coffee

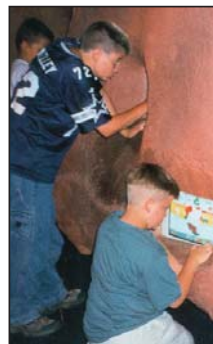


Children get comfortable in the video corral while watching videos.



Anxious young visitors run toward the front door of the Welcome Center at the Focus on the Family complex.

Happy  
mountains



Places to see in the Pikes Peak area.

Jan. 13, 2005



## Focus

From Page 25

stand nearby, "Solid Grounds," where guests can purchase a cappuccino or latte at a reasonable price.

There's a spacious bookstore, featuring Focus on the Family magazines, inspirational books and tapes for adults, teens and children. There are many books on parenting and family life, as well as T-shirts, greeting cards and gifts. The bookstore has a corner playhouse to keep younger children occupied while adults browse through the books.

Once families have seen the video, exhibits and bookstore, they head for the basement.

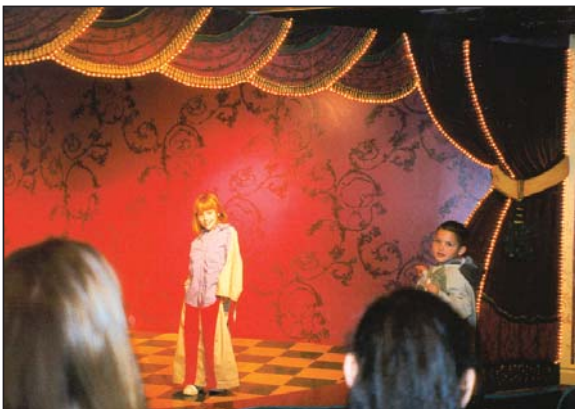
That's where Whit's Corner features an adventure cave, playground equipment, interactive computers, a video corral with videos running non-stop, a B-17 aircraft to explore and the three flights of stairs to climb to ride the "A-bend-a-go" corkscrew slide. There are some restrictions for slide users: children must be at least 43 and a half-inches tall. It's not recommended for anyone taller than 5 feet 9 inches. People with bad backs, heart conditions or wearing a cast are advised against using the slide.

Older children may enjoy a scavenger hunt by picking up one of the list of items hidden in plain sight in the cave area.

Take the secret passageway to the Discovery Empire, where children can read books, sign up to read a script on the radio station, dress up in



Katie Kelley enjoys having two puppets engage in conversation on the puppet stage.



A stage attracts wannabe actors, who perform for real audiences in the Discovery Emporium at Focus on the Family campus.



The corkscrew slide at Focus on the Family can be seen outside the Welcome Center.

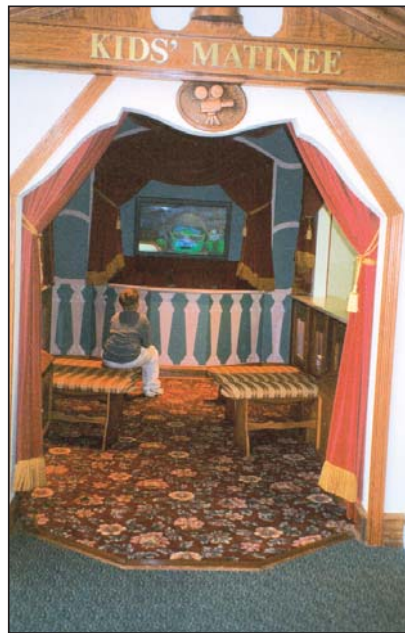
costumes, perform on stage or put on a puppet show.

An old-fashioned ice cream parlor is near the slide, where snacks, ice cream, soft drinks and lunches are served from 10:30 a.m. to 4 p.m. Lunch combinations are served for less than \$4 — choose a hot dog, hamburger, pizza or nachos and get a drink and cookie. There are chairs and tables nearby.

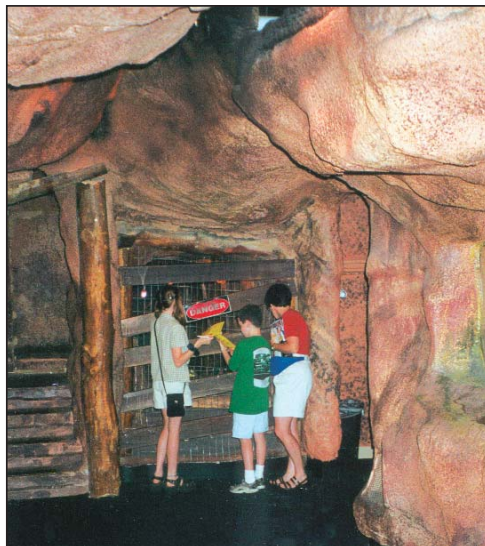
Although many out of town visitors stop at the Focus on the Family complex to spend some time in the Welcome Center, others are interested in tours of the administration building or watching a radio taping. Visitors can call 531-3400 to make arrangements for administration building tours. Guided tours of the administration facilities are set for 9, 10 and 11 a.m. and 1, 2, 3 and 4 p.m. Mondays through Fridays. The tour takes about 45 minutes and allows a look at the Focus on the Family mission. This tour may not be of interest for young children. The cafeteria in the administration building is open to the public from 11 a.m. to 1:45 p.m. to purchase lunch.

The Focus on the Family Welcome Center is a good place to have a child's birthday party. There is no charge for the room and families may bring their own food, purchase food at the Ice Cream Parlor, or bring some food and purchase other food at the parlor. Two rooms are available: The Odyssey Fire Station and J and J Antique Store. Call 531-3400 to reserve a party date.

The Focus on the Family campus is just off Briargate Parkway, at 8685 Explorer Drive. It is reached from Interstate 25 going north.



The first floor theater at the Welcome Center runs "Ribbits" and "VeggieTales" videos.



Visitors look in the mine shaft at Focus on the Family for items on the "scavenger hunt" list.

Take exit 151 and follow the signs.

Hours at the Welcome Center are 9 a.m. to 5 p.m., Monday through Friday and 9 a.m. until 4 p.m. Saturdays.

The Welcome Center is the smaller building in front of the huge headquarters building. Parking is available in front of the Welcome Center and in a parking lot east of the center.

### Just the Facts

- **Travel time** half hour
  - **For ages** families
  - **Type** indoor playground
  - **Fun factor** ★★★★★  
(Out of 5 stars)
  - **Wallet damage** free entry
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
    - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

## GO!

### World Arena venue

**Cher** and the **Village People** are in the World Arena Feb. 2 at 7:30 p.m. Tickets are at 576-2626.

**Steven Curtis Chapman**, along with Chris Tomlin and Casting Crowns is in the arena Feb. 14 at 7 p.m. Tickets are on sale at 576-2626.

**Colorado College Tigers' hockey team** has home games Friday, Saturday, Jan. 21 and 22 in the World Arena. Call 576-2626 for tickets and the rest of the schedule.

Colorado Springs World Arena is at 3185 Venetucci Blvd, near the Circle Drive Exit of Interstate 25. Parking is \$5 for performances.

### Pikes Peak Center

**The Air Force Academy's Galaxy Brass** and **Stellar Brass** present a concert at 2 p.m. Sunday. Tickets are free at the box office.

**Colorado Springs Philharmonic** presents "Kalichstein Plays Brahms," Jan. 22 at 8 p.m.; and Jan. 23 at 2:30 p.m.

**"Dora the Explorer Live,"** is set for Feb. 11 through 13, with several performances.

**Michael Flatley's "Lord of the Dance,"** is set for Feb. 4. Tickets are on sale, from \$34.

**"The Full Monty,"** a Tony Award winner, is in the center March 15 and 16, at 8 p.m.

**Rob Becker's "Defending the Caveman"** is April 8 and 9, at 8 p.m.

Call 576-2626 for tickets and information about Pikes Peak Center events. The theater is at 190 S. Cascade Ave. Parking is streetside on in the garage behind the theater.

### Ice skating

**"Stars on Ice,"** including skaters Sarah Hughes and Todd Eldredge, will be in Denver's Pepsi Center Jan. 20 at 7 p.m. Tickets start at \$29; call (303) 830-TIXS.

### Stock show

**The 99th National Western Stock Show** in Denver runs through Jan 25. The family event includes livestock shows, horse shows, competitions, a Mexican Rodeo Extravaganza and other events. Call the box office at 4655 Humboldt St. in Denver, (888) 551-5004. Take Interstate 25 north until Interstate 70 intersects; go east on I-70. Take either the Brighton or Colesium exit to the colesium.

### Musicals in Denver

**"Peter Pan,"** starring Cathy Rigby, runs through Sunday at Denver's Buell Theater. Call (800) 641-1222 for tickets.

**"Jesus Christ Superstar,"** is Jan. 25 to 29 at 8 p.m. in the Buell Theater in downtown Denver. Call (800) 641-1222 for ticket information.

### Academy theater

The Air Force Academy concert series continues with **"Crazy for You"** Jan. 22 at 7:30 p.m. Tickets start at \$20.

**"Steel Magnolias"** is Feb. 25 at 8 p.m. Tickets start at \$15.

**"Young Ambassadors"** is in the theater Feb.

25 at 7:30 p.m. Tickets are \$12.

Both performances are in the Arnold Hall Theater. Call the box office at 333-4497 for ticket information.

### Mardi Gras Ball

**The annual Mardi Gras fund raiser dinner and dance** is Feb. 5, from 6 p.m. to midnight in the Knights of Columbus Hall, 565 Marquette in Security. Sponsored by the Colorado Springs Council of Black Catholics, tickets are \$15; call 390-8486 for information.

### Pioneers museum

**The Pikes Peak Regional history Lecture Series** has a gallery tour of Imported Elegance: Kashmir and European Shawls of Paisley Design at 2 p.m. Saturday in the exhibit at the Colorado Springs Pioneers Museum The program about wearable art is free, but reservations are suggested. Call 385-5990 to make a reservation. The museum, 215 S. Tejon St., has free admission and is open 10 a.m. to 5 p.m. Tuesdays through Saturdays.

### JoyRides

**JoyRides Family Fun Center** has a special price during **Martin Luther King Jr. holiday weekend.** Dollar Days are observed Friday through Monday — all rides are only \$1 each. Tickets are sold in packs of 10 and can be used throughout the weekend. JoyRides Family Fun Center is at 5150 Edison Ave., a mile and a half east of Academy Boulevard just off East Platte Avenue. Call 573-5511 for information about hours. The Web site is [JoyRidesFFC.com](http://JoyRidesFFC.com).

## Happenings



Photo by Nel Lampe

*JoyRides \$1 days ...*

JoyRides Family Fun Center has Dollar Days during the holiday weekend. Friday through Monday, JoyRides has priced all rides at \$1. Tickets will be sold in packets of 10 and may be used on any ride, such as the adult go-carts pictured above. There are go carts for children, the Tornado Thrill Ride, Frog Hopper and Red Baron, as well as miniature golf. JoyRides is off East Platte Avenue, east of Academy Boulevard.



Program Schedule for Fort Carson cable Channel 10, today to Jan. 21.

Army Newswatch: the 2004 Year in Review. Airts at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Marine Corps' new breaching vehicle, Navy doctors in Panama City, Fla., treating wounded military and the first naval officer to head NORAD. Airts at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the C-130 mission in Iraq, combat search and rescue and the Wart-hog's role in Operation Enduring Freedom. Airts at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airts at 9

a.m. and 5:30 p.m.

The Pentagon Channel plays on Channel 9. In addition to programs like Army Newswatch, the channel will feature other Army-related programs such as briefings and other Army news.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at [CommandInfo@carson.army.mil](mailto:CommandInfo@carson.army.mil).

Program times will be published in the *Mountaineer* if coordination is made one week prior to publication. For Community Calendar additions, submit an e-mail to the above address. Send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.